

# QC

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Normandy Heights bungalow from the '50s gets a rockin' modern redo **P. 4**

## ON THE SCENE:

We head to the Ukrainian Orthodox Auditorium for a New Year's gala **P. 14**

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If you like seafood or spice, substitute a rosé for your usual white **P. 19**

# FAITH IN ACTION

FOR LES AND IRENE DUBE, FINANCIAL SUCCESS WOULDN'T MEAN A THING IF THEY COULDN'T HELP OTHERS **P. 6**

FREE

# IN THE CITY

# JANUARY 11, 2015 — 3:57 P.M.

## A performance in plaid



All content: Rob and Mark Shaul; photos: Jeffery as The Brothers Plaid during New Dance Festival; Men in Dance Festival at the University of Regina. The festival embraces dance of all sorts: from rusty cultural and social perspectives, and roots, and Jim. 30 GC: photo by MICHAEL MILL

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Elizabeth and George, and here: Duke below. Their good fortune is a gift from God and they intend to give back to other others. QC PHOTO BY EDUARDO MALIN

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## # SPACES P. 4



Alana Pender's home: a late-20th-century modern duplex in Regina, has been transformed into a well-lit, colourful space. QC PHOTO BY GREG PENDER

### QC COVER PHOTO BY GREG PENDER

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# SPACES

Spaces celebrates beauty both indoors and out. If you have a living space we should highlight email [qc@leaderpost.com](mailto:qc@leaderpost.com)

## # REGINA'S BEST SPACES

# Bungalow gets a big, rockin' reno

By Ashley Martin

**WHO?** Anna Fleming, Fred Fredrickson and their daughter Rici.

**WHAT/WHERE?** Their 1959 bungalow on Normandy Heights.

**WHEN?** The couple bought the home in July 2005 when they decided to move to Regina from Calgary. At the time, the house was dark and dated, but Fleming saw past that.

**WHY?** "Location, location, location!" said the former real-estate agent. The neighbourhood was perfect for Rici, with an elementary and high school nearby, not to mention parks and other amenities. Plus, the house itself had good bones.

"I figured whenever I didn't like about the house, I had the opportunity to fix it; it's not like the foundation was crumbling or the roof was caving in. It was all decorative things of stuff: carpet, linoleum, paint, changing of light fixtures — that's not hard. Anybody really can do it," said Fleming.

And that's what she did.

**HOW?** Gone are the heavy drapes, dark brown carpet (most of the) wood paneling and bulky light fixtures. While the house of old was "dreary" and "depressing," the renovation has made it bright and colourful, which is exactly what Fleming wanted.

The house is well lit, with a stored glass window and side light in the front door and shutters in lieu of curtains in the large front window.

Two large rooms are joined by a look-through fireplace with floating mantels. The far side features a smaller area, decorated in red and black. The larger room, in bright pinks and oranges, has the theme of the room. Big Rock Brewery Fredrickson had a company hookup to Big Rock when the family lived in Calgary and Fleming thought the colours in the beer posters suited the space. A smaller framed piece includes labels from the brews that aren't represented in the big pictures.



QC PHOTOS BY DON HEALY

# SPACES



The living room opens up to the formal dining room, which features a mirror (painted to the house) with shelves in two different kinds of wood (a new addition). But this area is seldom used. When the family of three dines, they're not to use the room in the renovated kitchen, a clever offshoot from the courtyard.

The dark-floored hallway leads to the bedrooms (floor is newly done in tile and lime) and her parents' (which is still a work in progress). The bedroom at the end of the hall is a step-up from its previous incarnation (no shower and a pink tub), but

Flumet didn't do with it yet.

While the house is a space is ready to her hand. Flumet's favorite area in her home is in the downstairs basement.

"We're big-time readers in our house and love the library" and Flumet, painting to a corner of built-in white shelves constructed by her father. "We each have our own little section."

They're now shelves the old ones were destroyed when their basement was flooded this summer. As a result of the damage, the basement's laundry room, two bedrooms and bathroom are

incapable.

"I've been fresh 'til now to sell, because isn't that the rule?" Flumet said, laughing. "That's what I did in Calgary in 2006. Oh our house is beautiful, it's all finished. It's exactly what I had in my mind. Oh, we're selling and moving to Regina."

She does a lot of the work herself — drywalling, painting and baseboards — and loves plumbing, electrical and flooring to the professional.

"You learn fast because there is a shortage of trades here," she said.

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# ON THE COVER

We recognize that everything we have comes  
from God. — *Leslie Dubé*

# LESLIE AND IRENE DUBÉ

## Faith in action: it's the Dubé way

By Jenn Sharp

For Leslie and Irene Dubé, philanthropy is more than writing cheques.

The couple in 100½ Saskatchewan's most generous, the Leslie and Irene Dubé Foundation Inc., has given more than \$50 million to a range of education and health causes.

Humble and kind, the Dubés believe their financial success is a gift from God. They share that gift to improve health care in Saskatchewan, and to help the province's forgotten people — those who suffer with mental illness and homelessness.

"Our faith is something that has always been the key part of our lives," says Irene. "To follow the Ten Commandments you can do no wrong."

Irene wants people to feel love. She knits colourful blankets in her spare time (she knit coast to coast in 90s) and they're on the beds at St. Paul's palliative care unit, the Light House and the Les and Irene Dubé Centre for Mental Health in Saskatoon. She's now working on blankets for the care Children's Hospital.

"God put Les and I on this Earth for a reason. We think that we've found the reason why He put us here in what we're doing," she says as one of her dogs, a Boston Terrier named Carmen curls up on one of the blankets beside her feet.

The Dubés live in a house they've owned for 48 years in Greystone Heights in Saskatoon. In 1960, they bought what would become Greystone Heights about 15 acres, for \$75,000. It was their first major investment and it paid off, big time.

"It still is a very good deal," says Les. "I had come off the farm and it was nice to have a good sized piece of land."

They began by building apartment buildings and hotels all of which Irene managed while Les worked as a printer broker with Loblaw. They opened Saskatchewan's first Pizza Hut (on Rhythm Street in Saskatoon) in 1985, then 17 more locations. Real estate purchases and strategic business decisions have made their company, the Condonor Group (which is now managed by their three children), incredibly successful.

\*\*\*\*\*

Les and Irene grew up in Winnipeg and met at a track meet. Les, 17, was a pole vaulter and played baseball. Sarah and Haley



Philanthropists Irene and Leslie Dubé sit home with their dogs Carmen and Rascal and Sarah in Saskatoon. GC PHOTO BY HELEN MARINA

"I told my girlfriend that's the man I'm going to marry. She thought I was crazy," laughs Irene, who was 15 at the time.

Les, who came from a strong Catholic family, was working after school at the OK Economy, the start of what would be a prosperous career in the grocery industry.

They married in 1964. Irene was 17. The marriage lasted a second. Irene, who dropped out of high school after Grade 10, wasn't Catholic.

The two were really tough — they'd discussed how their children would be raised, and if Irene would convert to Catholicism. That early ability to communicate hasn't diminished during their 48 year marriage (they finish one another's sentences), and played an

important role in their future success.

"We were older than our years," says Irene. "I was older than our years." "I told my girlfriend, 'If you don't like it, that's your problem, not mine. I've made the decision.' She loved Leslie. That was could do no wrong — if we ever had an argument, I was automatically in the wrong."

After Les finished high school he got a job as a bricklayer on the railroad, a high paying job that involved a lot of travel. After a few years, he returned to what he knew best: the grocery business, eventually becoming the produce buyer for Loblaw's 300 locations. He would later help open stores all over the country.

"I had a good support staff. The company treated us like gold. I was very fortunate that

I got a job that brought me to a level that was better than I was getting on the railroad, which was only within a couple of years. So it was a case of being in the right place at the right time, but with some other things to offer: enthusiasm and energy and talent," says Les.

"I don't take any credit for any talent. You either get it or you don't get it," he adds with a smile.

The couple, who received the 2005 Award for Outstanding Philanthropists by the International Association of Fundraising Professionals, sat down with GC to talk about their 100, their lives and what drives them to work harder than ever in their golden years.

Continued on page 10

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2011 Mercedes Benz C63 AMG .....	\$49,995
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## God put Lea and I on this Earth for a reason. We think that we've found the reason why He put us here in what we're doing — Irene Dubé

**Q:** There is a lot of "true business success. What kind of tip would you offer other entrepreneurs?"

**A: IRENE:** Work hard. You have to believe in what you're doing. I didn't collect wages for the work that I did and for about 20 years after we had started, all of these things add up — when you have somebody beside you and working with you and working with you.

**LEA:** I didn't take a salary either. I just took whatever we required for our personal household needs and for our family. That was it. We left as much money as the company as we could so it would grow.

**IRENE:** We were a package, we were always on-sitting. Our day didn't end when Lea came home at 10 o'clock. Sometimes we were up at 3, 3 in the morning making decisions or I was doing books.

**LEA:** When we looked at how we achieved all these things, it was always on a reinvention basis. We tried not to get into something that wouldn't know about. We got to know the apartment business and found that it was not consistent with what we wanted to do in the future. We sold all our apartments and hotels and two floors down. We decided that our objective is to enhance our cash flow of our company by diversifying by region and type of business.

**Q:** How did you grow the Concordia Group?

**LEA:** We bought a lot of land all over the city over the last 20 years — and rented it out to farmers. Today, we have some of the best land.

In 1980, Bepko Construction fell on hard times. They got into financial trouble and were about to go into receivership when I talked to Mike Bepko. It was a one package deal and we took over everything. He was happy and it was good for us.

**IRENE:** It was a very financially distressed time for Mike and he had worked so hard in his life.

**Q:** Why did you leave your career in 1980?

**IRENE:** We had enough. Our family was taken care of because they're all part owners in the Concordia Group. It was time now to help to do what God put us in this world to do. He put us here to work for a while and



Irene Dubé at home in her afternoon. Irene and her family in her spare time for the new Concordia Group. St. Paul's pediatric care unit, the Lighthouse and the Sea and the Sea Centre for Mental Health. She is now working on projects for the new Concordia Group. (Photo by Irene Dubé)

then reap the rewards of your work. That's what we're doing now — is so that people at the Lighthouse can say they have a home and won't die in a jail cell because they're drunk, and have a chance at a new life.

**LEA:** We wanted to keep the organization in the family and grow it down to the next generation, rather than sell it off. Now our life is still unhappy and managing our assets so that we can continue to be positive therapists.

**Q:** In the past, you wanted to research

anesthesia when working large downtown. When and why did that change?

**IRENE:** When we were opening the Breast Health Centre at City Hospital, Randy (Kershen, former CEO of the City Hospital) Foundation asked us Lea and we performed not in it was (Randy's) belief that if people knew who was donating this money, they would give — it would encourage people. We didn't think it would, but as it turned out, it did.

When you start adding up the amounts people give, whether it be

\$10, \$200 or \$1,000, and you add it up, it gets to be that \$1 million mark. The people find out. My bill was I make a difference — are you?

(Hospital) shops used to upgrade and they need the money for it. They make checks so quickly. What is great today is that the hospital is in order to get good health care for everyone, you have to have the best. And that's where people like Lea and I come in, to be able to make sure that they do have the best.

**Q:** When you look at pregnant,

and new mothers who have been stuck out of their homes. Tell me about that experience.

**IRENE:** That was the days when if your daughter got pregnant, you sent her away. We did it through Catholic Welfare. I gave them a home where there were children around. There were all sorts that were our sister daughter's age (16). It was a wonder to experience. One girl, I took her (to the hospital) around midnight. She had trauma and she gave them up. I stayed with her at the hospital. She had nobody else.



When you start adding up the amounts people give, whether it be \$10, \$100 or \$1,000, and you add it up, it gets to be that \$1 million mark. The people that say, 'My \$20 won't make a difference,' are wrong. — Irene Dubé

**Q:** Why did you decide to fund what is now called the Ian and Irene Dubé Centre for Mental Health?

**IRENE:** They're the forgotten people.

**LES:** We felt there is such a need for people with mental disorders.

**IRENE:** There are some medical illnesses they haven't discovered a treatment for. They know how to handle it and maintain it, but they don't know how to treat it. Depression is one that can be controlled. I've suffered from depression since I was 35 and had excellent care. When you learn the illness and know that you have to take the medication to not have the feelings that the illness brings to you, you're off. I won. There are some illnesses that people can't cope with though (like schizophrenia).

People have got to realize that there are medical problems that have to be dealt with and we need the facilities

to deal with them as.

**Q:** What would you say to critics of the Children's Hospital and those that doubt the hospital's autonomy or the province's ability to attract doctors to the hospital?

**LES:** I would say to them, 'You just keep thinking that. We'll do the rest.'

**Q:** What would you like people to know about you?

**LES:** We're genuine Christians. We recognize that everything we have comes from God. With that, we have a responsibility to make absolutely sure that we get the best value for any surplus that we have so it reaches out to those that are most in need, who are the forgotten ones.

This interview has been edited and condensed.

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An MRI machine is lowered by crane to the second floor through an opening in the roof wall of St. Paul's Hospital in Saskatoon in July 2014. The MRI was the first in Saskatoon and the first in the province. The MRI suite was named in honour of Irene and Irene Dubé who donated \$1 million to bring the machine to Saskatoon. (AP Photo by UNANIMOUS)

## GIVE THE WEEKEND A BIG HEAD START!



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## EVENTS

What you need to know to plan your week.  
Send events to [QC@leaderpost.com](mailto:QC@leaderpost.com)

## # MUSIC

Wednesday, Jan. 14

**Wednesday Night Folk:**  
Hudson  
Bar/Weekend, 2090 Dewdney

**The Alley Owls:**  
Lesquith Tavern, 3330 Albert St.

Thursday, Jan. 15

**Country gospel singing:**  
7 p.m. Our Lady of Peace, 425 Broad St. N.

**Plains Bar:**  
Artful Dodger, 1631 113 Ave.

**Evil Ebenezer:** Feat. Ozonians, 1847 Scarth St.

**Mars Laboratories:**  
The Pump, 641 Victoria Ave. E.

Friday, Jan. 16

**444 Fridson:**  
HQ, 1475 Toronto St.

**Weekly Drive Clinic:**  
Instruments provided  
7:30-9 p.m., The Living Spirit Centre, 3018 Deer Call Mtn., 556-5591

**Don Fidler:**  
Casino Regina Show Lounge  
180 Saskatchewan Dr.

**Mars Laboratories:**  
The Pump, 641 Victoria Ave. E.

**Gossamer:**  
The Club at The Exchange,  
2431 Eighth Ave.

Saturday, Jan. 17

**Open Acoustic Jam:**  
3:30-8 p.m. Broadway's  
Lounge, 1307 Broadway Ave.

**The Whorl of the Opera:**  
Séverine Marie  
Regina Symphony Orchestra  
Shumacher Pope  
Cassius Arts Centre, 300  
Lakeshore Dr.



Bryan Adams returns to Regina on Monday. [qc.leadpost.com](http://qc.leadpost.com) or 556-5591

**Mars Laboratories:**  
The Pump, 641 Victoria Ave. E.

**Planet Earth:** Kaleria, Desautels, *Oscars of Depressure*  
The Exchange, 2431 Eighth Ave.

**Born Town:**  
Broadway's Lounge, 1307  
Broadway Ave.

Sunday, Jan. 18

**Open Jam:**  
Every Tuesday 3-5 p.m.  
Majic Club, 639 Victoria Ave.

Monday, Jan. 19

**Monday Night Jams & Blues:**  
The Ministry of Noise

Bar/Weekend, 2209 Dewdney

**Bryan Adams:**  
Imvicti Centre  
1700 Rillstone St.

Tuesday, Jan. 20

**Karaoke:**  
McNelly's, 2235 Dewdney Ave.

## # VISUAL ART

**Cecilia Muller:** An Index of Saskatchewan Poets and Other Cultural Icons  
Printmaker Muller will use her interests in memory, history, ephemera, and other curiosities to guide her curatorial and presentational of the important cultural holdings of the University of Regina.

**Top and Bottom:**  
Until Jan. 18 in Situ - Central  
Library, 228 12th Ave. AND  
Royal Saskatchewan Museum,  
3443 Albert St.

**Selmafile:**  
Assembled media by various  
artists.  
Until Jan. 17 State Fine Art  
Gallery, 2076 Neilson St.

**Line thinks red carpet (and  
strip-tepping) walking (the  
line):**  
red carpet follows its elegantly  
attired female subject as she  
sashays down a seemingly  
endless red carpet, cutting  
through an ever-changing  
Canadian landscape.  
Until Jan. 18 Dunlop Central  
Museum, Central Library,  
238-12th Ave.

**Realist Rufus Protest Unit A  
Project A bout Loping:**  
611 Buma's recent works dealing  
with loping - far success, for  
exhibition. For recognition,  
for a different type of world.  
With tongue planted firmly  
in cheek, Buma makes overt  
pleas to art world celebrities,  
critiquing the political system  
that supports them.

Until Jan. 18 Dunlop Art  
Gallery - Central Branch, 238-  
12th Ave.

**Hope:**  
The Group exhibition leads at  
various ways that contemporary  
artists interpret and explore  
the concept of hope. The show  
features a diversity of approaches to  
the topic from relation to renewal. Guest  
curated by Holly Fay.  
Until Jan. 23 Art Gallery of  
Regina, Neil Bellville Civic Arts  
Centre, 3430 Rillstone St.

**Tray-Gouldner: Digital  
Herd:**  
Exhibition examines our  
ancient relationship to technology  
and imagines ways it will  
be - and we - might affect  
the first major solo exhibition  
by Regina-based sculptor

Coulter-Hain.  
Until Jan. 20 Intermediate Art  
Gallery, 3475 Albert St.

**Contemporary Canadian:**  
The Artists of Scott Nicholson  
Fine Arts. Features works of  
art that portray the essence of  
contemporary Canadian fine art.  
Until Jan. 31 Regina Centre  
Crossing, 1521 Albert St.

**Contemporary Canadian:**  
The Artists of Scott Nicholson  
Fine Arts.  
Until Jan. 18 Government  
House, 4857 Dewdney Ave.

**Billie Wallace: Splendid**  
Wallace's work explores how  
perceptions of "Canadianism"  
are constructed. The  
photographs, lush and personal,  
depict Wallace as a symbol of  
Disneyland Canadianism.  
Until Feb. 4, Dunlop Art Gallery  
- Sherwood Village Branch,  
5121 Rosedale Blvd.

**Creating the Imagination:**  
Tracing the art of casting from its  
roots in Asia and the Ancient  
Near East to works that  
open the 20th century.  
Until Feb. 8, Macdonald Art  
Gallery, 3475 Albert St.

**Landscape and Sky, People  
and Place: Contemporary  
Canadian Fine Art:**  
The Artists of Scott Nicholson  
Fine Arts.  
Until March 23 Government  
House, 4857 Dewdney Ave.

**Landscape and Sky: Contemporary  
Canadian Fine Art:**  
The Artists of Scott Nicholson  
Fine Arts.  
Until April 30, Regina Centre  
Crossing, 1521 Albert St.

**Annika Gilling:**  
2255 Smith St.  
Open Tuesday to Friday, 10  
am - 5:30 pm, Saturday 10  
am - 5 pm.

**Oakland 19th and Fine Arts**

Oil and ink paintings by Chinese  
artists Lingling Jiang and  
Huihui Tian.  
2312 Smith St. Open Monday  
to Saturday, 10 am - 5 pm.

**Maria Gallery:**  
(Formerly Myrtoria) 106 -  
2300 Broad St. Open Tuesday  
to Saturday, 11 am - 6 pm.

**Neutral Ground:**  
#309-1856 Scarth St.  
Open Tuesday to Saturday, 11  
am - 5 pm.

## # COMEDY

**The Laugh Shop:**  
Live standup every Tuesday  
night, 9:30 p.m. in Macdonald  
Hall, 1815 Victoria Ave.

**Witchambers Improv:**  
Jan. 18, 8 p.m.  
Artspace, 2627 13th Ave.

## # PERFORMANCE

**Wendy:**  
Featuring *Salley (Jason)*  
Artspace  
Jan. 16, 7:30 p.m.  
Creative City Centre, 1812  
Wheeler St.

**Trace:**  
Through an exploration of  
voice, TRACE transforms a  
private story into a performative  
experience. Interprising sound,  
video, installation and live  
performance. Using archival  
recordings taken before and  
during Trishie R. Webster's  
gender transition from female  
to male, along with recent  
recordings and live vocals, Trace  
explores the idea that change  
is constant and we are always  
becoming someone new.  
Jan. 16, 7:30 p.m.  
Artspace, 2627 13th Ave.

**Wittig Sarkis:**  
Featuring readings by  
Gael Allenby, Thomas  
Corkery and Drell and music by  
Infoland.  
Jan. 16, 7:30 p.m.  
Cove, 1525 Victoria Ave.

# EVENTS

What you need to know to plan your week.  
Send events to [QC@leaderpost.com](mailto:QC@leaderpost.com)

## ■ MEN IN DANCE FESTIVAL

**Wearing the Other** (Jorge Serrano), **A Flexible Score** (Ethan Webb), **Round-table discussion on "Gender, nudity, dance and performance creating"**  
Jan. 14, 9-10 p.m.  
New Dance Horizons, 2207 Harvey St.

**Requiem pour un Alcazarien** (Requiem for an Alcazarien - Lukacs Avarandis)  
Jan. 15, 8-9 p.m.  
U of R Midland Centre Student Theatre

**Ge met pas le fin du monde** (It's not the end of the world - Sylvain Emard)  
Jan. 16, 100 and 110 a.m.  
U of R Midland Centre University Theatre

**Ge met pas le fin du monde** (It's not the end of the world - Sylvain Emard)  
Jan. 17, 2 p.m.  
U of R Midland Centre University Theatre

**Headly, Desire** (Benjamin Kaminski), **No soy persona, soy escarpina** (I am not a person, I am a heel - Lúcia Azevedo)  
Jan. 17, 8 p.m.  
U of R Midland Centre Student Theatre

**DATa** (Manuel Regue), **Now hurt with Winnipeg's School of Contemporary Dancers**, **Post-show chat on "dance transmission, legacy, and mentorship"**  
Jan. 18, 3 p.m.  
U of R Midland Centre Student Theatre

**DATa** (Manuel Regue)  
Jan. 19, 1:30 p.m.  
U of R Midland Centre Student Theatre

## ■ DANCING

**Dance Cafe with Bill Coleman**  
Jan. 15, 10-11:15 a.m.



*Jason Cusumano and Manuel Regue perform in Cusumano's (It's not the end of the world). The show is part of New Dance Horizons' Men in Dance festival which runs through Jan. 19. Photo by Jeff Saperstein/Starline*

U of R Education Building, room 221

**Dance Cafe with Benjamin Kaminski**  
Jan. 15, 10-11:15 a.m.  
U of R Education Building, room 221

**Fun Dancin'**  
Learn to square dance, round dance or clog. First two nights free.  
Jan. 15, 6-7:30 a.m.  
St. James Anglican Church, 105 Simpson St.

**Revolutions: Ballet**  
Latin dance workshops, showcases, performances and socials.  
Jan. 16, 8 p.m.-2 a.m.  
Latin Fusion Studio, 2637 Saskatchewan Dr.

**SO-Plus Dance** (Manoel Regue) **Musica Mexicana**, \$7.50  
Jan. 16, 2-5 p.m.  
Austrian Club, 320 Maxwell St.

**Retro Dance Party** Every Sunday  
McKays, 2220 Denison Ave.

**Senior Dance**  
Jan. 15, 4-6 p.m.  
Executive Community Centre, 615 6th Ave.

## ■ SPORTS

**Women's volleyball**  
U of R vs. Saskatchewan  
Jan. 15, 6 p.m.  
U of R CHHS

**Men's hockey**  
U of R vs. Manitoba  
Jan. 16, 7 p.m.  
Coopers Centre, River Place

**Men's volleyball**  
U of R vs. Saskatchewan  
Jan. 16, 7:30 p.m.  
U of R CHHS

**Men's hockey**  
U of R vs. Manitoba  
Jan. 17, 2:30 p.m.  
Coopers Centre, River Place

**Women's volleyball**  
U of R vs. Saskatchewan  
Jan. 17, 5 p.m. U of R CHHS

**Men's volleyball**  
U of R vs. Saskatchewan

Jan. 17, 8:30 p.m.  
U of R CHHS

## ■ FOR FAMILIES

**Stars and Stripes**  
Wednesdays, 1 p.m.  
Complex Odessa Southland Mall, 3025 Gordon Rd.

**Bake A Difference**  
Combat bullying through baking, spreading kindness with a cookie.  
Wednesday, 5-7 p.m.  
Westside Amara's Bake-shops, 200 Winnipeg St. N.

**Brighten hearts and give**  
Join event for youth aged 5-18. Thursday, 4-6 p.m.  
Executive Community Centre, 615 6th Ave.

**Drop In Indoor Playground**  
Friday, 9-11:45 a.m.  
South Leisure Centre, 170 Sunset Dr.

**Men and Tot Bond Meetings**  
Hartley's Kate Murray, 306-316-2511  
Friday, 10-11:30 a.m. Early

**Learning Family Centre**, Scott Colquhoun, 3330 7th Ave.

**Build and Grow Clinics**  
Build a special feature project for children ages 5 and 10.  
Saturday, 10 a.m.  
Lewes, 4300 Division Rd.

**Michael's Kids Club**  
Saturdays, 10 a.m.-noon  
2010 Prince of Wales Dr.

**Family Favourite Films**  
Enjoy a favourite film for just \$3.50.  
Saturday, 11 a.m. Galaxy Cinema, 430 McCarthy Blvd. N.

**Family activities**  
Saturday and Sunday, 2 p.m.  
Saskatchewan Science Centre, 2933 Powerhouse Dr.

**Family Studio Sundays**  
Sundays, 2-4 p.m.  
MacKenzie Art Gallery, 3470 Albert St.

**Parent and Preschooler**  
**Angle Open Monday**, 9:30-11 a.m.  
At Ritchie's Family Wellness Centre, 443 14th Ave.

**Science Time for Tot's**  
Interactive workshop aimed at early learners.  
Tuesday, 9:30-10 a.m.  
Saskatchewan Science Centre, 2933 Powerhouse Dr.

**Drop-in crafts and gym**  
Free event for youth aged 5-18. Tuesday, 4-6 p.m.  
Saskatchewan Community Centre, 615 6th Ave.

## ■ MUSEUMS

**Alas Youth School Museum**  
1620 Fourth Ave.  
Tours by appointment only (306-323-3000)

**Civic Museum of Regina**  
1133 Broad St.  
Tuesday-Friday 10 a.m.-4 p.m.  
Saturday-noon-4 p.m. Closed Sunday and Monday

**Government House Museum & Heritage Property**  
4607 Denison Ave.  
Tuesday to Sunday, 9 a.m.-6 p.m.

**KGMP Heritage Centre**  
5907 Denison Ave.  
Open 11 a.m.-5 p.m. daily

**Regina Firefighters Museum**  
1203 Ross Ave.  
Tours by appointment (306-773-7711)

**Regina Floral Conservatory**  
14505 4th Ave.  
Open daily, 9-4:30 p.m.

**Regal Saskatchewan Museum**  
2645 Albert St.  
Open 9:30 a.m.-5 p.m. daily (306-347-5349)

**Saskatchewan Military Museum**  
1620 Elphinstone St.  
Open Monday and Thursday, 7-9 p.m. by appointment (306-347-5349)

**Saskatchewan Science Centre**  
2933 Powerhouse Dr.  
Tuesday-Friday 9 a.m.-5 p.m.  
Saturday-Sunday and holidays, 10 a.m.-5 p.m. Closed Mondays

**Saskatchewan Sports Hall of Fame**  
2301 Victoria Ave.  
Monday-Friday 10 a.m.-4:30 p.m. Closed weekends

**Other Happenings**

**KGMP Sergeant Major's Parade**  
Wednesdays, 10:45 p.m.  
KGMP Depot Division, 5600 18th Ave.

**Senior Power of Regina meeting**  
Contact: 306-543-2017 for more information.  
Jan. 14, 1:30 p.m.  
Cathedral Neighbourhood Centre, 2900 18th Ave.

## EVENTS

## Information session

The Saskatchewan Police Floor Pathway presents a tele-health information session for women about breast cancer and sexual violence.

Jan. 14, 7-8 p.m.  
Western Rehabilitation Centre  
auditorium, 2180 23rd Ave.

## Taste of Scott

Come see students' restaurants, sample two menu items and vote for your favourites.

53 Jan. 15, 5-8:30 p.m.  
Scott Collegiate gym, 3050 7th Ave.

## Black &amp; White Gala

Celebrating Delta's District Chamber of Commerce's new chair, Media Williamson. Tickets \$50 for non-members.

Jan. 16, 6 p.m.  
Cosmos Arts Centre

## Prison Club

Come appreciate and improve your spoken French in a relaxed, friendly atmosphere.

Jan. 17, 10-11:30 a.m.  
U of Regina Institute  
Building room 215/nordeste

## # FILM

**NABES** Regime Gennex Gals: The Cannes Lions Screening is an opportunity to rub elbows with clients and colleagues, and to enjoy a screening of the best TV commercials produced in the last year from



Colorado Mobile Bureau on Saturday at a Spring Cocktail. go.net/Photo

around the world, including Canada.

Jan. 15, 7 p.m.  
Aurora, 3637 12th Ave.

—

## The Houseman

Three women who've been driven mad by pioneer life are to be transported across the country by covered wagon to the plains, independent-minded Mary Bee Cuddy (Hilary Swank), whose team employs low-life drifter George Bligh (Tommy Lee Jones) to assist her. The unlikely group heads east, where a waiting minister awaits wife (Mary Stone) here offered to take the woman in.

## The Overnighters

Documentary  
Under the care of the all born, tens of thousands of unemployed slowly into the town of Williston, North Dakota. Their dream? Home at work and a big paycheck. How do they find the stark reality of farm work prospects and nowhere

to sleep. The town lacks the infrastructure to house the overflow of migrants, even for those who do find painful employment.

Prize Public Library Theatre  
2231 Uxway, 306-777-6064

## Flight of the Butterflies

Documentary  
Join hundreds of millions of butterflies on an amazing journey to a remote highway in the mountains of Mexico

## Island of Lemnaca: Madagascar

Documentary  
Join scientist Patricia Wright on her lifelong mission to help endangered lemurs survive in the modern world. Narrated by Morgan Freeman.

## Journey to the South Pacific

Documentary  
Narrated by Kate Blanchett, this is a breathtaking adventure to the lush tropical islands of remote West Papua, where life flourishes above

and below the sea. Join Joel, a young island boy, as he takes us on a journey of discovery to this magical place where we encounter whole sharks, scorpions, mantis, and other exotic creatures of the sea.

## Infernalist

Sci-Fi  
A group of madmen make use of a newly discovered wormhole to surpass the limitations on human space travel and conquer the vast unknowns involved in an interstellar voyage. Directed by Christopher Nolan

Kramer Inc.  
2803 Powerhouse Dr.  
306-622-6678

## # NEW MOVIES

## Blackhat

Thriller  
Nicholas Hathaway (Jesse Hemsworth) is doing 15 years in prison for cyber hacking. Four years into his sentence, he's offered a deal to be

released if he'll work with a group trying to find a cyber criminal network. He's thrown into an investigation with American and Chinese partners as they hunt him down into Hong Kong, Jakarta and Kuala Lumpur.

## Paddington

Family  
A young bear from the jungles of Peru with a passion for all things British travels to London in search of a home. Finding himself lost and alone at Paddington Station, he begins to realize that city life is not all he had imagined — until he meets the kindly Brown family, who read the label around his neck ("Please look after this bear. Thank you.") They take him home, but when Paddington gets into mischief, Mr. Brown decides the little bear is no longer welcome to stay. But that's not the worst of Paddington's troubles. A fox-hunting (Noble Norman) spots the bear and decides to stuff him.

## Vice

Sci-Fi

Vice is the ultimate revolt, where anything goes and customers can play out their wild fantasies with artificial inhabitants who look, think and feel like humans. When an artificial becomes self-aware and escapes, she gets caught in the crossfire between Vice's creator (Bruce Willis) and a cop (Thomas Jane) trying to shut it down.

## The Wedding Singer

Comedy  
Jimmy (Kevin Connolly) provides best-man services for socially awkward guys who don't have anyone close enough to stand for them on their big day. David (Josh Gadd), a prom-to-be, has found himself in that exact situation. He seeks out Jimmy's help to pull off his wedding plans in an effort not to ruin the big day for his bride.

## American Sniper

Action

Vietnam native Chris Kyle (Bradley Cooper) becomes a Navy SEAL, and during his time in the service, he ends the highest number of sniper kills for an American — more than 150 confirmed kills. Meanwhile, his wife slowly watches as he is slowly affected by his time in the war.

Galaxy Cinema  
420 McCarley Blvd. N.  
306-522-5556

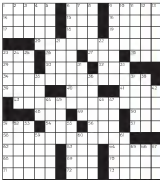
Cineplex Odeon  
West/Norfolk Mall Cinema  
2025 Gordon Rd., 306-545-2383

Rainbow Cinema  
Columbia Mall Shopping Centre  
2606 Albert St., 306-353-5250

Events listings are a free community service in Delta for Q.C. Always use the printed format for details. Please email information to events@delta.ca or call 306-261-1111.

## NEW YORK TIMES Edited by MW Shorte

- 1 Spider Hutz
- 2 Healer \_\_\_\_
- 3 Healer e.g.
- 14 Like many incidents in  
Lansdowne County Pa.
- 15 QD Manning
- 16 One is a love triangle  
mash
- 17 Like a misty of  
blizzard
- 18 Vocal lecture  
like on theme
- 19 Make arrests
- 20 "The Spaced in the  
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cheer?
- 22 Feeding ritual
- 23 Prey that sounds like  
off down

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	1				
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	5			4	6
7		3	4		

Sudoku is the crossword puzzle and the Sudoku can be found on Page 48

**Vintage**  
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• Yorkton 306-782-1111  
• Weyburn 306-838-8888  
• Swift Current 306-877-7777  
• Humboldt 306-347-3111  
• Saskatoon 306-977-7777

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BUD

[illegible]

# ON THE SCENE

## # UKRAINIAN NEW YEAR'S GALA

The Ukrainian Orthodox Auditorium was filled with music, dance and delicious food on Jan. 10 for the Ukrainian New Year's Gala celebration.

Approximately 250 people gathered for the event, which featured a dinner, dance and performances by Ukrainian dance groups. Proceeds from the gala will help support a dinner group going to Brazil this summer as well as sponsor students at a summer camp and event, organizer Orest Wanyas.

QC PHOTOS BY MICHAEL BELL



1. Carly Horgan, Scotty Mills and Darnan Gabel
2. Yonil Kowalschuk and Gillian Ogilvy
3. Rod Yonilsky and Misa Shpak
4. Terry and Courtney Kuzlyk
5. Kaitlyn Berzky and Shane Ashby
6. Cody Bever and Ileana Allen
7. Drake Dom and Kayla Chokos
8. Kyle and Amanda Bernhardt
9. Nancy and Donovan Lemis

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# ON THE SCENE



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Lyle Fornwald, Owner

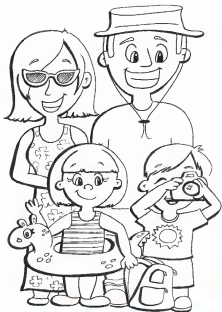


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# OUTSIDE THE LINES



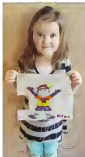
... and so begins  
the migration of  
the common northern  
tourist...

## # Colouring contest

Each week artist Stephanie Makay creates a family illustration meant to please lots of all ages.

Children can colour the page, have a picture taken with the finished product and email it to [leaderpost.com](mailto:leaderpost.com). One winner will be chosen each week.

Please send **high-resolution pictures** and **include the child's name and contact information**.



Last week's QC colouring contest winner was **Hargan Holczwain**. Congratulate! Thanks to all to your creative submissions. Try again this week!



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Savoury Portabellas,  
Crisp Bacon on Brioche



**Wendy's**



# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

# JENNIFER KUCHINKA

## After the Truck Hit: Jennifer Kuchinka's True Story

After a near-fatal accident in which I was hit by a semi on Transit's highway, I became a single mother learning how to cope with the challenges of a brain injury. It felt like it was necessary to draw attention to mental health issues and piece together the events that led to my accident. Few people wish to discuss the hardships and the stress of dealing with mental illness, so I felt this book was necessary for those reasons.

I was 38 when I got pregnant for the first time. Really fast! Fast relief due to miscarriage. A few months later, husband and I determined, my husband and I set out to expand our family. I got pregnant and delivered my daughter Avery on May 24, 2010.

A few months later, while driving

frustratedly with the stresses of my marriage unraveling while we were having a new house, I felt down the deep dark hole of depression. My depression developed into postpartum psychosis and as a result, I was admitted to the hospital in Kelowna, only to escape hospitalized. I set out on the highway running for home. I was struck by a semi/truck trailer as the early morning hours of Sept. 13, 2010. I was rushed to Regina to undergo neurosurgery for the swelling in my brain and I was in a coma for eight days.

I came out of the coma and over time, have learned how to deal with a permanent brain injury. At first, my then husband was told there was significant chance that I would remain as



Jennifer Kuchinka


a vegetative state. Chances were slim as the beginning that I would make it, but I was accepted, and determination when certain events unfolded that pushed me to want to be there for my three-month-old daughter. Ever since getting out of Kelowna Rehabilitation Center in Regina, I have returned to Sile as a single parent in Sile, working part-time as a Learning Support teacher.

By writing this memoir, I hope to break through the unspoken code and openly discuss matters of mental

health. Why is it that the one thing we should be talking about sometimes is what we need to acknowledge within? Postpartum depression has been around for centuries and because of sports and consciousness suffered by athletes, only now are we paying more attention to brain injuries as well. After the Truck Hit is available from [www.thetruckhit.com](http://www.thetruckhit.com), McNally Robinson Bookstores, Chapters in Kelowna, Coles, and other select book stores and stores including Smith's Marketplace in Kelowna, Malters in Kelowna, Blomfield Pharmacy, and Kelowna Co-op.

After the Truck Hit by Jennifer Kuchinka was awarded Skanawake Mountain in the Wild Girl category of the 2015 Great Midwest Book Festival.





## Next week in

# QC

As his eyesight worsens, Dave Burdeniuk takes nothing for granted

# MID WINTER SPECIALS

**No Payments Till March/2015 O.A.C**

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**2014 COROLLA LE** Backup Camera, Heated seats

4 to choose **AS LOW AS \$16,900**

**2014 VW JETTA** Loaded 3 to choose from

**AS LOW AS \$16,900**

**2014 NISSAN ALTIMA SV** Sunroof, Alloys

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**2014 NISSAN MAXIMA** Leather, Sunroof **\$27,900**

**2013 MATRIX** Auto, Loaded, 3 to choose from **\$16,900**

**2013 COROLLA S** 5 to choose from, Auto Hid seats

**FROM \$13,900**

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**NOW \$30,900**

**2014 NISSAN MURANO AWD** **\$29,900**

**2014 DODGE CHARGER** Alloys, Spoiler, Exhaust,

WAS \$26,900 **\$23,900**

**2014 NISSAN ROGUE** Silver, AWD **\$24,900**

**2014 NISSAN PATHFINDER SV** **\$35,900**

**2013 TOYOTA VENZA V6 AWD** **\$27,900**

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# WIE WORLD

## # TERRA DE LOBOS

### If you like seafood or spice, substitute a rosé for white

By James Romanow

I was out before Christmas with a bunch of wine writers. As is usual with writers, they greatly underestimated how much wine they would need. They ordered a single bottle for five people. (Wait, minimum two glasses per person means two bottles.) That was totally normal and expected by me, who ordered a private bottle knowing he would never get his hair there amongst such a crowd.

Of course, more tolerant to me was the wine variety in ordering a rose. Rose makes a great dinner wine, particularly the drier varieties as the cognoscenti know and has the added advantage of flexibility. It goes with pretty much all food up to and including a steak. If you treat yourself with people ordering different foods at a great wine to order.

The BLEND follows the consumer trends and doesn't offer many roses in winter variety just whatever is left over from the summer. But if you like things like the spring and the night, if you enjoy your dishes, you should consider substituting whatever is your ideal glass white wine with a rose.

The private stores tend to keep a few in all your mind, and if you are feeling broke and hard done by, because you get your December credit card bills, then you need to take out to the Revolution Group or the Willow Park Wine



and Spirits store in Regina and try out a Port wine, the Terra de Lobos.

It's made from grapes that won't mean much to you (Tangis, Bousquet and Syrah) but make superb wine. The palate is bone dry with great fruit flavors and just enough tannins and protein to let you know you're drinking wine with your meal.

Terra de Lobos 913 \*\*\*  
More wine in Monday's paper and as always on Twitter @jamesr.

## Crossword/Sudoku answers

LEWIS	DAD	DWARF
AMISH	ELI	RIVAL
SUNNI	BIG	AYONE
Y	THORIUM	WHITE
GAY	TRI	PIE
UTE	KEES	MRS
CESIUM	FORESTER	
HULL	EGG	DAHU
PALLADIUM	JAMES	
BIG	ONIA	SVS
KOB	OLD	CLAS
MERCURY	WELLS	
ANIME	LAY	INERT
RIDPO	AGE	NIGER
TEENY	NED	EPOXY

6	7	4	9	1	5	8	3	2
5	2	1	4	8	3	6	9	7
3	8	9	6	2	7	1	5	4
8	3	6	1	7	9	2	4	5
2	4	5	8	3	6	7	1	9
9	1	7	5	4	2	3	6	8
4	6	8	2	5	1	9	7	3
1	5	3	7	9	8	4	2	6
7	9	2	3	6	4	5	8	1

## Is This Your Situation?!

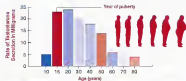
Testosterone levels begin to diminish in men around age 30. In fact, by the time men are 60 years old, they typically produce 60% less testosterone than they did at age 20 (a man's sexual peak). Less men over the age of 35 may already be feeling the effects of lower testosterone including:

- ✗ Increased Belly Fat
- ✗ Low Libido
- ✗ Decreased Muscle Strength
- ✗ Low Energy
- ✗ Mood Changes
- ✗ Prostate Problems and more...

Unfortunately at the same time testosterone is decreasing, estrogen levels are increasing, causing further muscle loss and gain in body fat, making it extremely difficult to maintain a healthy metabolism.

Along with a program of proper nutrition and regular exercise, researchers have discovered a group of naturally proven nutrients that can help you safely reduce excess estrogen while maximizing testosterone levels.

**Ultimate Male Energy™** contains 100% natural ingredients like: Chrysin, Silymarin, Red Root Extract, Indole-3-Carbinol and Broccoli Sprout Powder to help restore healthy, youthful hormone balance by positively affecting both estrogen and testosterone production, which ultimately helps a man look, feel and perform at his best. Ask about **Ultimate Male Energy** at your local health food store today!



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and Select Natural Pharmacies



Preferred Nutrition For a store near you go to: **PNO.CA**

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